



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

February 2016

Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. – Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate, Alyse Warren

781-942-6693

Van Driver,

Joe Beninati

Elder/Human Admin-

istrator, Jane Burns

781-942-6658

Clerk, Ann Gentile -

781-942-6608

LUNCH AND SUPER BOWL TRIVIA, Thursday, February 4. 12:00. Go Pats (or whoever)! We'll celebrate the Super Bowl no matter what happens. Show your pride wear your team's shirt/hat. Join us for lunch & trivia, then we will show the movie *The Blind Side* 🍿

WEAR RED FOR HEART HEALTH, Tuesday, February 9, 12:00
Wear red (men & women) to any of our programs and be entered to win a prize. Winner will be drawn before Bingo starts. Cookies and punch will be served throughout the day. Information will be available about heart disease. Take the heart disease quiz and win a gift card. ❤️

SILENT MOVIE PIANIST, RICHARD HUGHES, Thursday, February 25, 1:30 will present two short comedy films from the 'Golden age of Silent Film' with live piano accompaniment just like it was done in the 'Roaring Twenties'. The first film is 'His Wooden Wedding' starring Charley Chase where he is told on the day of the wedding that his wife has a wooden leg. Adding to the fun is a Buster Keaton movie entitled 'The Goat' where Buster takes the brunt of jokes and sight gags. 🍿

SNOW EMERGENCY INFO

When the schools close, activities at the Center will be cancelled. However, Elder Services staff will be working and available to assist you.



IMPORTANT SYMBOLS

Registration Required 🍿

Free Transportation

781-942-6794



Reservations start Tues. Jan. 26. Please call by noon at least **two** days before the event.

TAX SEASON

February starts Tax Season for the AARP Tax Preparers. Appointments for assistance begin Thursday, February 4th and run through April 14th. To schedule an appointment contact Ann Gentile at (781) ~~924-6608~~. 942-6608.

ELECTION DAY

The town election and Presidential primary will take place on **Tuesday, March 1**. Transportation to the polls is available. Please contact the Receptionist during the month of February to schedule a ride.



FUN FOR ALL



Movie Day: The Blind Side, Thurs. Feb. 4 - 1:00, The true story of Michael Oher, a homeless African-American teenager. He is taken in by the Touhys; a well-to-do white family who help him fulfill his potential. At the same time, Oher's presence in the Touhys' lives leads them to self-discoveries of their own. Mike faces a completely different set of challenges to overcome - as both a football player and student. Mike works hard and, with the help of his coaches and adopted family, becomes an All-American offensive left tackle.



Movie Day: My Big Fat Greek Wedding, Thurs., Feb. 18, 1:00 Toula is a quiet, devoted daughter in a big, crazy Greek family. Working in her father's restaurant, she hides behind her family and keeps the world at a distance. One day at the restaurant she finds herself pouring coffee for a man who inspires her to change her life, and the way she sees the world ... forever.

PLEASANT STREET SPA

Roberta Our Hairdresser—call 781-942-6794 to see if Roberta is back.

For manicures, chair massage, and Reiki please call the Pleasant Street Center (No Van Service)

Manicures - February 11 & 25 - 9:30 - 1:00 - \$6.00 or \$7.00 French

Chair Massage - Thurs., Feb. 4, 18, & 25— 9:30- 11:15 receive a 15 minute chair massage for only \$10.

Thursday, February 18, - Reiki Treatments, the 3rd Thursday of each month between 9:00-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki Practitioners Elise Brenner and Judy Bousquin bring this gentle hands-on practice to the Pleasant Street Center. Reiki facilitates healing, promotes mindfulness.



GET YOUR GAME ON!

Games on the Big Screen, back in March, 1:15 Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00— 2:30

Billiards: (No van) Wednesdays, 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).



SPECIAL LUNCHES



Birthday Lunch: Mon., Feb. 8 Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.



VALENTINE'S DAY SPECIAL LUNCH - Thursday,



Feb. 11, 12:00 Entertainment Tommy Smith
12:30 - 1:15 Choice of ham with raisin/
pineapple sauce or curry chicken salad. Raspberry filled cookie for dessert.

Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

SCUTTLEBUTT



Enjoy the comradery of your fellow soldiers. Share sea stories and personal experiences. Learn and discuss the Military history of the month. February meeting, (note this is 2nd Thursday) Thursday, **February 11 at 10:00 am (followed by lunch at noon)**. Contact Kevin Bohmiller, Veterans' Services Officer 781-942-6652 or kbohmler@ci.reading.ma.us for more information or to sign-up for lunch



FITNESS FOR ALL

MONDAYS:

- **Yoga**—Mondays 11:00 - 12:00 - 4 weeks for \$40 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$5
- **FOREVER 49 - All your health needs in one program.** 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. **FIRST CLASS FREE** - come try this class and see how to stay fit for life.

TUESDAYS:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tuesdays, 10:30-11:30. Learn skills to enhance memory and coordination! Classes are gentle and effective, designed for all abilities. \$5 drop-in


WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for the month or \$13 for Drop-ins.

THURSDAYS:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

FRIDAYS:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-in \$3/Session. 

HEALTH SCREENINGS

PODIATRY CLINIC, MON., FEB. 22, 9:30 - 1:30 Call (617) 629-2806. Please say this is an appointment at the **Pleasant Street Center**. Insurance is accepted with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

BLOOD PRESSURE:

- Mon., Feb. 1 - 11:30 - 12:15 Hallmark Health
 - Tues., Feb. 9 - 11:30 - 12:00 Donna Pierce, Nurse
 - Tues., Feb. 16 - 10:15 - 10:45 sponsored by Rite-Aid Blood Pressure and pneumonia shots
 - Fri. Feb. 26 - 11:30 - 12:00 Alyse Warren, Nurse Advocate
- Clinic at Frank Tanner Drive the 2nd Wed. of each month from 10-10:30 in their common room on Feb. 10



CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00, 2 ½ hours for \$10.00. Any medium

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

• Tues. with Nancy from 10:00 - 11:30

• Weds. with John Walsh 10:00 - 11:00

Painting Group, Fridays, 9:30 - 11:30 No instructor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Downtown/ Gro- ceries/Library 9:00 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Woburn Mall/Target/ Kohl's 1:00 Cribbage 1:30 Forever 49 Stuffed shells or Roast- Beef/Swiss Cheese Sand- wich	2 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo Turkey Divan or Tuna Salad Sandwich	3 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 10:00 Writing Group 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Chicken Meatballs or Chef's Salad	4 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 12:00 Lunch - Super Bowl Trivia 12:30 MAH JONGG 1:00 Movie Chicken Picatta or Egg Sal- ad Sandwich	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Potato Fish Fillet or Chick- en Salad Sand- wich
8 9:00 Downtown/ Gro- ceries/Library 9:00 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Birthday Lunch 1:00 Walmart/Home Goods 1:00 Cribbage 1:30 Forever 49 Beef Lo Mein or Turkey/ Provovone Cheese Sand- wich	9 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 11:30 Blood Pressure/ pneumonia shots 12:00 Wear Red Lunch 1:00 Bingo Creole Chicken or Roast Beef/Cheese	10 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lunch & SHINE 1:00 Downtown/ Groceries/Library 1:30 Parkinson Sup- port 1:30 Forever 49 Salmon w/Dill Sauce or Egg Salad Sand-	11 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Scuttlebutt 12:00 Valentine's Day Lunch 12:30 MAH JONGG Valentine's Day Special Ham or Curry Chicken Salad	12 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Representative Jones 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Cheese Lasagna or Vegetarian Chef Salad
15 President's Day Town Hall and Pleasant Street Center CLOSED	16 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:15 Blood Pressure 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo Chicken Paprika or Egg Salad Sandwich	17 8:45 Neighborhood Grocery Shop- ping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 Fish with sauce or Tur- key Chef Salad	18 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 9:00 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Hot Dog or Roast Beef/ Swiss Cheese Sandwich	19 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Tortellini or Seafood Salad Sandwich
22 9:00 Downtown/ Gro- ceries/Library 9:00 Zumba 9:30 Podiatrist 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Walmart/Home Goods 1:30 Forever 49 Chicken Marsala or Roast Beef/Swiss Cheese	23 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo Fish Sticks or Chicken Caesar Salad	24 8:45 Neighborhood Grocery Shop- ping 9:30 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 10:15 Library Program 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 American Chop Suey or Turkey/Swiss Cheese	25 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:30 Silent Movie Pro- gram Beef Stew or Egg Salad Sandwich	26 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach Frittata or Sea- food Salad Sandwich
29 9:00 Downtown/ Groceries/library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49 Honey Mustard Chicken or Egg Salad Sandwich			ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ These are destination arri- val times. Please be ready 30 minutes – 1 hour prior to the time listed.	TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00. Lunch - Reserve the day before by noon

On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart, HomeGoods for everyone

Monday, February 8 1:00 - 2:30

Monday, February 22 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

Monday, February 1 1:00 - 2:30

Monday, February 29 1:00 - 2:30

Downtown Errands, Grocery Shopping or Library for everyone

All Mondays, 9:00 - 10:15

All Wednesdays, 1:00 - 2:15 .

Burbank YMCA for everyone -

All Tuesdays and Thursdays,
8:30 - 10:30

**Stop & Shop or Market Basket:**

Neighborhood Grocery Shopping -
Wednesdays, 8:45 - 10:00

Cedar Glen Grocery Shopping -
Thursdays, 8:45 - 10:00

Tannerville Grocery Shopping -
Fridays, 8:45 - 10:00

Podiatrist at The Pleasant St. Center - NOTE NEW DAY

Monday, February 22nd, Van transportation for appointments made between 9:30 - 11:00 Call doctor for appointment then book van

The Pleasant Street Center is closed Monday, February 15 (Washington's Birthday)

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

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SENIOR GROUPS

Low Vision Group: No meeting in February

Writer's Group: Wed., Feb. 3 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group will meet the first Wednesday of each month at 10:00.

Parkinson's Support Group: – Wed. Feb. 10, 1:30 -3:00; Led by Kathy Hill, RN with the Greater Medford VNA. - Meets every 2nd Wed.

The Not Too Stuffy Book Group: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford - Weds., Feb. 17, 11:00 a.m. – 12:00 In 1940s Seattle, at the height of the war, school boy Henry Lee meets Keiko Okabe. They forge a bond of friendship—and innocent love—that transcends the long-standing prejudices of their Old World ancestors. And after Keiko and her family are swept up in the evacuations to the internment camps, she and Henry are left only with the hope that the war will end, and that their promise to each other will be kept.

LIBRARY HAPPENINGS

LiveWires Presents: *Chocolate, the Perfect Indulgence*. Tues., Feb. 23, 7:00 p.m. at the Pleasant St Center. Associate Professor of Chemistry Mike Cross explains how cocoa elicits reactions in the human brain, making chocolate the perfect indulgence. Learn how to test quality, which chocolates are good for you, and how much is healthy. Enjoy samples from Reading's own chocolatier, The Chocolate Truffle.

FREE ONLINE SERVICES OFFERED AT READING PUBLIC LIBRARY: Presentation at the Pleasant Street Center. Weds., Feb. 24, 10:15 Learn a language, take a computer class, access Consumer Reports or download free books, music and magazines. You can do it all by using the Reading Public Library website. Join library staff Lorraine Barry and Andrea Fiorillo to learn all about these services. The presentation will be followed by a hands-on help session.

SHINE

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - See Page 8 for important information about Medicare Part B Premium.

Call for an appointment 781-942-6794.

- Wednesday, February 10 - 12:00 - 3:00
- Friday, February 19 - 10:00 - 3:00

QUESTIONS/CONCERNS?

Elder/Human Services

Case Manager -Kerry Valle - 781-942-6659
Nurse Advocate - Alyse Warren - 781-942-6693

Council on Aging: Mon., February 8th @ 6:30 Pleasant Street Center

Board of Selectmen Office Hours: Tues., February 2, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Friday, February 12, 11:30 - 12:30

Senator Jason Lewis: Fri day, February 19, 2:30—3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669 .

Fax: (978) 531-1996

FUEL ASSISTANCE

Need help with paying for fuel? The Greater Lawrence Action Council will be in Reading 1 x per month through May taking applications. **APPOINTMENTS REQUIRED!** Call 781-942-6608

Tuesday, February 2nd

9:30 - 12:00 - every 15 minutes

Town Hall conference Room, lower level

SENATOR LEWIS CONFERENCE

Senator Jason Lewis is organizing a forum for seniors to be held at the Stoneham Senior Center (136 Elm Street, Stoneham) on **Monday, February 22, at 1:30pm**. The forum will feature a panel including:

- Massachusetts Secretary of Elder Affairs Alice Bonner discussing state priorities pertaining to seniors;
- Middlesex County Sheriff Peter Koutoujian discussing senior public safety issues and scam & fraud prevention
- Jess Costantino, Advocacy Director for AARP Massachusetts, discussing senior services.

The conference is free and open to all seniors. If you require transportation, please contact The Pleasant Street Center at (781) 942-6794.

The van will be available but must have a minimum of 5 riders.

READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are now offering mini-trips on the Elder Services van. Transportation is free! Lunch, museum admission and entertainment costs are the responsibility of the individual. Below is the schedule for February.

Wednesday, Feb 3rd, Peabody Essex Museum,
11:00 am—2:00 pm. (lunch on your own)

Wednesday, Feb. 17, Burlington Mall
11:00 am—2:00 pm

Seats are limited and we want to give all a chance to participate. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+ . A minimum of 5 persons is required for the trip.



READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.